

The Communicator

Oct. 8 2009 -
Oct. 29 2009

Vol. 8 / Issue 22

Haliburton County's Good News Fun Magazine

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This Issue**



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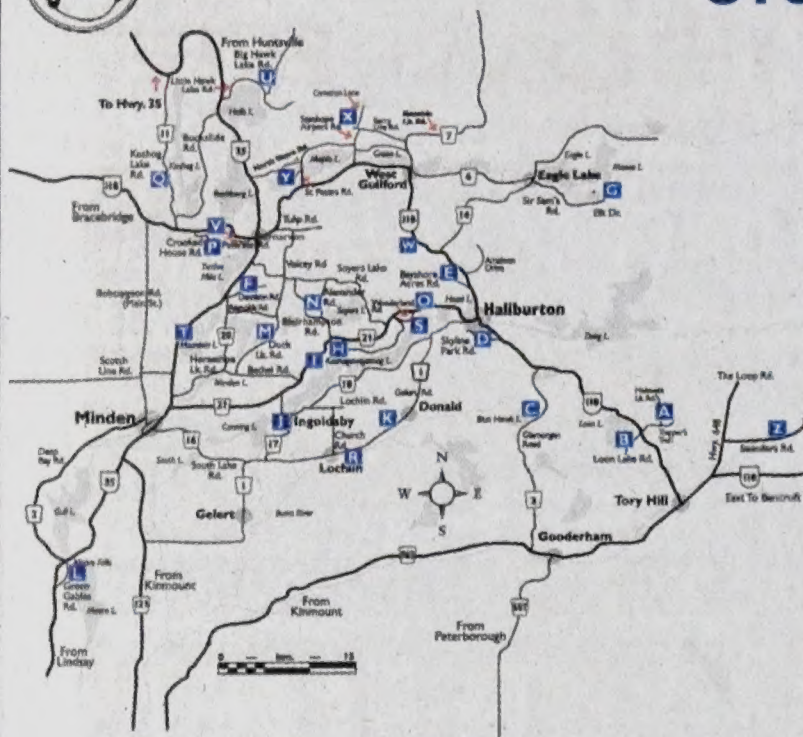
**22nd Annual
Haliburton County
Studio Tour
October 10-11 from 10
a.m.-5 p.m.**

The tradition continues in Haliburton this fall with the arrival of the 22nd Annual County Studio Tour. The event features 36 welcoming artists to 26 different studios where you will experience the diversity and creativity of the annual Studio Tour.

Take a drive through the colourful back roads of Haliburton and visit artists in their working environment. Artist demonstrations, tasty treats, and lots of great, original art and craft work: this is what you will find wherever you see the sign of the Loon (the official signs pointing out each participant).

For more information visit www.haliburtonstudiotour.on.ca or call 705-457-9110.

- A. Annette Blady & Al Van Mil - Paintings
- B. Dorothy Rawsthorne - Painting, Weaving
- C. Michael and Susan Butz - Jewellery, Woodwork
- D. Barbara-Joy Peel - Pottery, Jewellery
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Historical Reflections - Train Stations

October 17

Author Ron Brown, of "Ghost Towns of Ontario" fame, discusses his book "The Train Doesn't Stop Here Anymore". Fantastic talk accented with slides. Be sure to enjoy a photo display of local train stations past & present as well as watching miniature trains travel through familiar landscape.

The event takes place in Kinmount at the Kinmount Train Station. For more information contact the Minden Hills Museum at 286-3154.

Actual Rail Trail Rides October 17

Your opportunity of a life time! Ride the rails as our ancestors once did. Enjoy the historical insights given by a tour guide. The 'Train' will travel between Gelert and Kinmount. Opportunity is also there to spend some time at either end to enjoy other planned activities.

Call for pricing and pre-registration.

The ride takes place in Minden, Gelert & Kinmount. For more information contact the Minden Hills Museum at 286.3154.

Book Launch: The Other Side of the Bed

Dates: Oct. 17, 2009

Location: Cultural Centre Minden - Old Library :
New Common Room!

The Other Side of the Bed is a newly-released non-fiction book dealing with grief after losing a loved one.

Written as a way of navigating her own difficult passage through grief, this book, Margot's second in publication, is a mixture of tales, essays and letters; each piece making us feel, and think, and remember what our true voices are and can be.

A HHWEN member, Margot Roberts is a wildlife enthusiast and photographer who lives on a riverbank in Haliburton with her partner and small dog.

The Public is cordially invited to attend this Book Launch for Margot. Presented by the Haliburton Highlands Writers' and Editors' Network and the Algonquin Writers' Circle, the launch will be hosted by Brenda Peddigrew. Refreshments will be served and the Outloud Womyn's Voices will perform.

To purchase a copy of "The Other Side of the Bed", email Margot at: margot@onetogon.com

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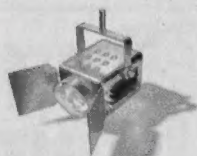
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Spotlight on Business



Sir Sam's Inn

by George Farrell

Sir Sam's Inn and WaterSpa Resort

Sir Sam's Inn and WaterSpa Resort was once the Haliburton estate of Sir Samuel Hughes, the decorated government minister who led Canada's Military through the First World War. In August 1915 he was knighted by King George V. He also owned "The Victoria Warder," a Lindsay newspaper, and he was publisher from 1885 to 1897. Hughes might best be remembered for his ousting over the discontinuation of the Ross Rifle. He had championed the purchase of the Canadian-made rifle, carried by Canadian troops at the outbreak of war, and drew serious criticism when he defended it against growing evidence of its deficiencies in combat. An example of the infamous Ross rifle can still be viewed on request at Sir Sam's.

The 10-bedroom stone and timber mansion Hughes built along Eagle Lake's shoreline uniquely combined his desire for civilized comforts with his respect for nature. After Hughes's death in 1921 the mansion, which was still owned by the family, sat empty for many years. During the late 1950's and '60's the mansion was American-owned and served as a hunting and fishing camp. After that the property was bought by the Bishops, the family who now own the nearby Sir Sam's Ski Area. For the last 30 years Sir Sam's has been owned by James Orr, and it's gone through many changes under his guidance.

Beautifully set at the waters edge, among the pines and hardwoods,

present day Sir Sam's is a luxury couples-resort and country inn, which features 16 lakeside accommodations, the WaterSpa, a conference wing, fine dining, and many other amenities and recreational opportunities.



Sir Sam's Inn is renowned for the quality and choice of its accommodation options. Luxurious rooms in the main inn each have whirlpool baths, wood burning fireplaces and lake views. Cozy inn accommodations include queen-sized beds, thermomasseur baths, wood burning fireplaces and lakeside balconies. Intimate lake-side rooms each offer wood burning fireplaces and walk-out patios, some with whirlpool baths. The secluded chalet has two bedrooms (one loft style), kitchen, whirlpool bath, wood burning fireplace, and

BBQ. Accommodations with cathedral pine ceilings and king-bedded rooms with whirlpool bath and lakeside deck are also available. Each accommodation includes a coffee maker, bar fridge, DVD player, robes & pool towels, hair dryer and a selection of books and games.

Sir Sam's offers guests three different package plans from which to choose. There's the Modified American Plan which includes accommodation, four course gourmet dinners and full country breakfasts, plus full use of all on-site recreational facilities; the Bed & Breakfast package, which includes accommodation and full country breakfast, plus unlimited use of all facilities; and the European Plan which includes accommodation, and full use of all on-site recreational facilities.

Outdoor activities abound in all four seasons. Guests can stroll through the woods on a nature trail, or cruise the crystalline lakes in the classic fantail launch, the 'Lady Hughes.' Beach-side activities include water-skiing, windsurfing, and sailing, kayaking and canoeing, and of course swimming. Land-based activities include tennis and mountain biking. Golf is also available on one of Haliburton County's eight courses, many of which are a short drive from the resort. In the winter dog sled rides are popular. Sir Sam's Ski Area is located close to the resort. The Ski Area has six lifts, snow

The Highlands Communicator

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Editor: Stephen Patrick

Advertising Sales: Brett Irvine & Shawn Welsh

Admin: Bridget Walker



A Division of the County Voice Inc.

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Sir Sam's cont'd...pg.5...



Always in Season, For Guests and Local Residents



making facilities, a ski school and rental program. Nearby the Haliburton Nordic Trails have a groomed network for all levels. All activities, year round, can ideally be followed up by a visit to the WaterSpa.

The WaterSpa at Sir Sam's offers spa services that include a range of treatments to soothe, relax and refresh. "The WaterSpa is an indoor saltwater pool which is available year round, in combination with our array of spa treatments" says James Orr, Sir Sam's owner and Innkeeper. "The WaterSpa also consists of a hydro therapy circuit, located at different stations around the pool." The circuit includes a sauna, different water jet formations to sooth various aching muscle groups, a Reflexology Island for those luxurious foot and calf massages, Deck Fountains which allows you to focus on specific areas of the back and neck, an Air lounge, which provides stimulating bubbles, and a Champagne Grotto which provides for closeness, and the unique sensation of being surrounded by thousands of tiny bubbles.

Sir Sam's also specializes in small meetings and conferences. It's an ideal place for small corporate retreats. There are four conference rooms from which to choose, ranging in size from 15 to 50 person capacity. Accommodation for conferences can be provided for 35-50 people, based on single and double occupancy requirements. The Hughes Conference Wing caters to a wide range of business needs, with a full scope of audio visual electronics and presentation aids. At Sir Sam's Inn, it's the guests who make the decisions. From menus and dining hours to recreational times and activities, Sir Sam's flexibility is the key to meeting client needs. Sir Sam's Conference package includes three meals daily, coffee breaks, meeting rooms and audio visual equipment as required, plus full use of all recreational facilities.

A few special weddings of up to 60 people are held each year at Sir Sam's. The friendly staff helps to create a personal affair, where you'll enjoy precious time with family and friends. Weddings parties can have exclusive use of the inn for the weekend, which provides for an ideal atmosphere in which to celebrate this special occasion. Typically, Sir Sam's host weddings during the early spring, late fall and some winter weekends. Small wedding parties of fewer than 12 persons can be



accommodated throughout the year. If you choose to hold your wedding at Sir Sam's Inn, both the Hughes Conference Room and Lounge by the Fire provide an intimate atmosphere. There's also an outdoor Gazebo for a lakeside ceremony. Sir Sam's is pleased to help coordinate with flowers, music, photographer and decorations as requested.

As for dining, the Twin Fires Dining Room provides a warm and friendly ambiance, professional service and wonderful food that truly tempts and delights. It's a dining experience which is a highlight for guests at Sir Sam's and for local residents, who want a special evening out. Each evening a new menu is created that offers a selection of three appetizers, fresh salad, four entrees and a variety of desserts. The kitchen is consistently rated one of the best north of Toronto. A perusal of some menu options on the web site will set your mouth watering. "The Twin Fires is available most evenings with

reservations requested," says James Orr. "This fall on Wednesday evenings, we're offering a supper special menu featuring three courses from 32 dollars." A spiral staircase allows guests to descend before dinner, and explore the wine cellar, which houses an international collection, featuring over 50 different wines.

After dinner, guests can enjoy a specialty coffee in front of the fire, along with a game of billiards, darts or shuffleboard in Gunner's Pub. In the warmer months they can relax on the verandah, and enjoy coffee while watching the sun set over Eagle Lake.

"Out of town guests and local residents can sign up for our Supper Club," enthuses Orr. "They get information through our Newsletter on news, food, recipes, and dinner

specials. They also get coupons for the WaterSpa, which they can frequent on their next visit."

Life is all about new experiences. Each season Sir Sam's offers all-inclusive packages which combine the best of Sir Sam's with local experiences that together create memorable getaways filled with relaxation, fine dining

Sir Sam's cont'd...pg.6...

Ghost Stories

Scary Tales



Seaforth House. County Sligo, Ireland

Seaforth lies in the shadow of Knocknarea Hill on the shores of Sligo Bay.

Owen Phibbs, 1842-1912 and archaeologist filled the house with artefacts from the Far East, Syria, and Egypt. Almost as soon as the ancient treasures were installed, unpleasant and malicious poltergeist activities began to happen.

A strange evil figure would be seen on the stairway at night and terrible loud crashes were heard throughout the house.

Crockery and ornaments would be found smashed. On one occasion the whole house shook. Servant would not stay and a gardener was terrified by a tall dark shadow figure that disappeared into the sea.

Followed by maniacal laughter.

Jesuit Priests were unable to rid the place of its ghosts and it was eventually abandoned in the 1940's. It now stands an empty shell.



... from pg. 5

and unique adventures. Some of the packages are:

The Haliburton ATV Adventure, from May 1-June 12. This exhilarating package features a two hour ATV excursion through the Highlands trails. All the equip-

ment and an experienced guide is provided to ensure a fun and safe outing. Two nights and two full country breakfasts are also included as well as all facilities, including the WaterSpa to soothe those aches after the ride.

A Walk In The Clouds, available from May 18- June 26 lets you experience Haliburton from the treetops. Walk on a boardwalk 20 meters above the forest floor while enjoying the tree canopy and learning about the forest. Included are two night's lakeside accommodation, two gourmet dinners, two full country breakfasts, and a Walk in the Clouds Tour at the Haliburton Forest.

June Tasting Weekends are a treat for the senses, as Sir Sam's features some of Ontario's favourite tastes of the season. It's also a perfect opportunity to venture out on the water and try your hand at sailing, canoeing or kayaking. Included are two night's accommodation, a wine and Martini tasting, a special tasting menu, entertainment and much more.

The Wilderness Canoe Adventure from July 11 -September 6, includes two nights accommodations at the lakeside, a daily 4-course gourmet dinner, a country style breakfast and all onsite facilities as just part of this package. Also included is a half day guided canoe trip in the beautiful Haliburton Highlands.

Red Wine Weekends which take place on the first two weekends in November have become fall favourites. Guests enjoy getting out together and trying a little skeet shooting, often followed by a trip to the wolf centre and a brisk walk in the forest. All the outdoor fun is capped off with a welcoming warm fire and red wine tasting. The Saturday evening menu also features a wild game selection and more.

Throughout the winter Highlands Adventures offers a choice of exhilarating packages. Animal lovers can choose a two hour dogsled adventure. Those who like a little speed can choose a guided snowmobile tour. Both show the Highlands at its winter best, and when combined with intimate overnight accommodations, four course gourmet dinners, full country breakfasts, all facilities, and the WaterSpa, it's hard to beat.

There sure is a lot on offer at Sir Sam's Inn and WaterSpa, but it should be remembered that Sir Sam's is an adult-oriented resort, not appropriate for young children, though children over the age of 12 do enjoy the facilities. WaterSpa access is limited to guests over 18 years of age. Smoking is no longer permitted within the Inn, but is permitted on outdoor decks and verandahs. Sir Sam's cannot host pets.

It's recommended for local residents not staying at the resort that reservations are made for dinner and the WaterSpa. It's also recommend that guests reserve the following services in advance, to avoid disappointment: Spa Services, Dogsled & Snowmobile tours, Walk in the Clouds, Golf tee-off times.

For further information regarding Sir Sam's Inn and WaterSpa Resort, Phone: 705.754.2188 Toll free: 800.361.2188, Fax: 705.754.4262, Email: info@sirsamsinn.com Web: sirsamsinn.com Address: 1491 Sir Sam's Rd, Eagle Lake, Ontario, Canada K0M 1M0. Sir Sam's accepts Visa, MasterCard and American Express. □

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Cassandra Hart:

by George Farrell

Psychic, Spiritualist and Author Is Also a Certified Wedding Officiant

Cassandra Hart is one interesting lady. A newcomer to the Highlands, she moved here to live with her partner Wayne De Jong, the owner of Newbatt's Appliances. She is however very much her own person. This blonde, vivacious woman, who's the mother of two daughters, aged 35 and 40, has both energy and personality in spades-not exactly the stereotypical psychic.

Until this year Cassandra lived for 35 years in Richmond Hill. She graduated from Teachers College at the age of 19 and started teaching elementary school in 1969. She continued teaching with different school boards on and off until 2006, while also obtaining a Bachelor of Business Administration degree. She's worked as a Marketing Sales Manager and Seminar Leader, and is an ordained non-denominational minister. That's enough for five lifetimes, so where does the psychic fit in?

"I was aware that I had psychic powers in my early 20's," Cassandra reveals. "And it frightened me. I could successfully predict the sex of babies before they were born, and once I managed to convince a person to continue having his well drilled. He was about to give up because they had not hit water. I just knew that if they continued they would hit a big seam, and sure enough a short while later they hit this gusher of an artesian well. I realized then that this ability I have can help people. One time in one of my sessions I could sense that the woman had Cancer. I didn't know what to do. Should I tell her or not? I decided to trust my feelings, and so I told her. She replied sadly

that I was not telling her anything she didn't know already, as she had in fact just been diagnosed by her doctor, who told her the same thing. She thanked me for telling her, and since then I've always trusted my feelings. In fact

I've never had anyone say after one of our sessions that they had a negative experience. People come to me, or I'll go to their house. I get very relaxed and say a small silent prayer which helps me to bring forth positive energy. I don't always remember what I've said, and for that reason I tape all my sessions, and people get to keep a copy."

I was still grappling with the concept of Cassandra Hart as a psychic, when she plonked down in front of me a rather large book that she had written, titled 'The Sovereign Soul.' She explained that the book was a culmination of the learning which came out of a verbally and physically abusive relationship with a man in her past.

"I wanted to get the message out to women in abusive relationships who think it's their fault, or who continually believe their abuser when he says things like 'It (the abuse) will never happen again.' Of course the abuse rarely stops. With The Sovereign Soul I wanted to show that each of us is responsible for our own lives. But I didn't want to preach what I had learned, so it was written as autobiographic fiction- as a story and people can take from it what they want. It's definitely not a self-help book. It's sold five or six hundred copies, and for me the book was a catharsis. At first it was rejected by publishers, and I put it away for ten



Cassandra cont'd... pg. 9...

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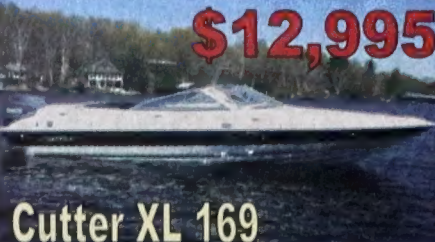


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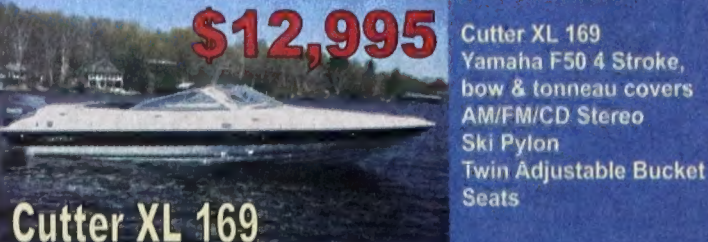
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Casandra Hart Cont'd....

... from pg. 8

years. Eventually I took it out again and re-wrote it. It was submitted once more and accepted in 2006 by Crowne Oak Press in Florida. The re-write tone was different. I had matured, and as time passed I was less angry. I was able to tell the story with more humour. I'd like to do some more book signing through organizations like community women's groups. I'm a good speaker and I could speak on relationship issues, self improvement, and psychic abilities and spirituality. I'd like to talk to young women, middle aged women, pregnancy prevention groups and at fundraising events for some of those types of organizations."

One thing that's clear in talking with Casandra Hart is that she loves to help people. One way she helps people is through her spirituality. Being a psychic is only one element of that spirituality. "I'm versed in the Bible and Scripture," Casandra states. "I was ordained at the Unity Spiritual Awareness Ministry here in Ontario. I would love to teach the Scriptures to a religious study group from a spiritual and metaphysical viewpoint."

Although she was raised under the banner of the United Church, she became a Catholic when she first married, and she went on to teach in the York District Catholic School Board system. She explains this apparent dichotomy by explaining that "I'm not religious, but spiritual. I'm a practical Christian who believes in taking the best and leaving the rest. In other words, I believe that if a belief is not working it needs to be changed on an individual basis—each one of us needs to take responsibility for what we truly believe and develop the strength to carry out those beliefs," which is essentially the same message that her book puts forth. "When you say 'I'm right and you're wrong,' conflict immediately ensues." And with that food for thought our fascinating discourse on spirituality came to a close. Yet Casandra Hart had another profession to talk about, because she's also a Licensed Wedding Officiant.

"Did you know that you can't get married at City Hall anymore?" she asks. It was news to me.

"You can still get your license at City Hall, but first you need the name of the Officiant who will marry you, and that's where I come in. 'I'm an ordained, non denominational minister, licensed by the Province to marry people, including same-sex couples, who represent about ten percent of the people I marry. I marry about 50 to 60 couples a year. For a variety of reasons many people don't want to get married in a church, and if that's the case then they can get in touch with me through my website www.hart2heart.ca.' Most of the people who Casandra marries get in touch initially through the web site. "So far most of the weddings are done in the GTA, but I've also done some at resorts, and I've done one locally at the Pinestone. I don't want to go to Toronto so much anymore, so I'd like to do more marriages locally." She also does baptisms and funerals.

Casandra Hart is a very dynamic woman, and she knows there's the potential of resentment or suspicion when moving into a small community such of ours, but she's no stranger to the Highlands. "I came to stay in August of this year," she says, "but I've been up many times over that last 15 years, often to visit my friend Carolyn Emmerson, who owns Highland Stone Cottage B&B on Wallings Road. I know enough not to come in with guns blazing. I want to learn, and I'm willing to be taught about how to live here. That's how I'm approaching life in the community. And I want to slow down some. I enjoy being a domestic diva," she laughs. "I've always had to work for economic reasons, and I think Haliburton is a place to slow down a little. I know I have



to change, but it's a change I welcome."

If you would like to avail yourself or your group of the services that Casandra Hart has to offer, give her a call at (705) 457-4804, or email casandrahart@hotmail.com.

□

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Pumpkin Carving Contest at the Cultural Centre

Tuesday, October 27



Youth category (16 and under), Adult category (16 and older). Bring your carved pumpkin to the Minden Hills Cultural Centre on Tuesday, Oct. 27. Judging is by people's choice. For more information call 705-286-3763 or go to www.mindenculturalcentre.com

Stewardship Series:

What's New in Wildlife Research?

October 30 2009

Have you ever wondered what research on wildlife is going on in the province and even in your own back yard?

Find out by attending the Stewardship Series at the Kinark Outdoor Centre in Camaron taking place October 30th.

New research which reveals the importance of the Yellow-bellied Sapsucker to the forest ecosystem as well as a new theory on the northern expansion of White-tailed deer will be among the highlights. After lunch, join researchers and scientists for a walk in the woods as they explore the habitat of small, large, and even some rare species found in Muskoka and Haliburton. The cost to participate is \$25/person, lunch is included. This workshop is held by the Haliburton Highlands Stewardship Council in partnership with the Parry Sound-Muskoka Stewardship Network.

For more information contact Chrstopher Near at 286-5206.

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Haliburton Highlands

Scientifically Speaking

What When Where Why How



Why can't you taste anything when you have a cold?

You're tired, your eyes are sore and when your nose isn't running it's all stuffed up. That's right: you have a cold. And one of the worst things about having a cold is that your tongue feels funny and everything tastes like cardboard. Why? Because your nose is full of gooey mucus and no air can reach

your smell cells. And that's where the trouble lies. Without your sense of smell you can hardly taste the difference between foul-tasting medicine and chocolate milk.



Tongue Twister



Cows graze in groves on grass which grows in grooves in groves.

New Business

Introducing ...

Busy Beads Studio

by George Farrell

Passers-by on the Gelert Road near Lochlin have recently been greeted by a new sign advertising the Busy Beads Studio. They may have wondered at the name. Well, they need wonder no more, because a visit revealed that there is a studio, it does deal in beads, and proprietor Diana Burns has indeed been as busy as, er...bees, in setting up her studio to open it to the public.

Diana and husband Allen Burns originally moved to the Highlands in 2000 from the York Region, Lake Simcoe area. The couple were semi-retired: he from Rogers Cable, and she from an office administration position. They're familiar with the area through long time residents Cliff and Wendy Harding, who are relatives of Diana. "We also came up for the studio tour," Diana informs. It was always so beautiful up here and the people were so friendly, and I ended coming up here and taking classes at the School of the Arts. We eventually decided to escape the rat race and move up for good, but then Allen got a job which took us to a new sub division in Bobcaygeon. We liked Bobcaygeon but hated sub division living, so in 2007 we moved up again to our present location. Allen now works part time as a courier for Life Labs, while I'm still working part time doing office admin' work for Cliff and Wendy, who are the owners of Helping Hands, Specialized Foster Care.

"Busy Beads started in May of 2009," Diana continues, "and Allen helps me with designing the brochures, photography and keeping track of inventory. I design and manufacture hand crafted jewellery, beaded jewellery and hand made chains. I use many different kinds of beads in my work, including Swarovski Crystals, fire polished beads, glass and wooden beads and beads made of Sterling silver. Most of my background comes from taking courses at the School of the Arts, and that evolved into my passion and hobby of making jewellery.

"I can't wear it all so I have to sell it," Diana laughs. Her passion for her craft is obvious as she talks about the beads. Swarovski Crystal is a very well known crystal manufacturer of fancy crystal beads," she explains, and I would later see a crystal sample in the studio, which is outside the house where she does most of her manufacturing. "Fire polished beads are shiny and made from glass, and I use a wide variety of glass, gemstone, silver beads and more." She produces a thick dossier containing innumerable examples of beads from various manufacturers throughout the world. "There are thousands of choices available to my customers, or they can bring their own beads for re-stringing, or incorporate them in to new designs," Diana says, explaining some of her other customer services.

"I also do repairs for necklaces, bracelets, earrings and brooches. Recently a customer brought in a 100 year old necklace of fine polished beads. It was broken, and missing some beads. After a great deal of research I finally found replacement beads, and I managed to mend the necklace. The customer was thrilled because it was a family heirloom



that she only wore on special occasions. A simpler repair might involve changing to a magnetic clasp for some seniors who might have arthritis, and who have difficulty with a regular clasp. The magnetic is easy to pull apart yet it's plenty strong enough to hold the necklace."

In addition to the other services at the Busy Beads studio Diana also teaches her craft. "People can either come to the studio or I can go to them," she exclaims. "I teach privately to individuals or give group lessons. Recently I taught some seniors at the Wood Retirement Residence in Haliburton, and I'm presently working on a fall teaching schedule. People who are interested could keep an eye out for my website which will be up shortly." Googling Busy Beads Studio, Haliburton, should get people to the site without any difficulty.

Diane Burns has expanded her services already to include the carrying of beading supplies and tools. "I'll shortly be offering clients a large variety of small-quantity beads, findings, and beading wire for those who want to make their own specialty items and don't want to work in bulk. I'm not going to be a bulk supplier."

Developing a young person's line of jewellery is another idea that Diane is exploring. "I'll use slider beads of animals like dolphins, and soccer ball beads for boys and girls." Almost as an afterthought she informs me that "I'm developing a line of whimsical jewellery that people will have to see to believe. I don't want to talk about it too much, they'll have to come in and see it."

I too wanted to see what she had in the studio, so after a quick photo op' in the assembly room where she demonstrated some of the tools involved in the laborious process of threading beads, off we went to the immaculate studio, which was a revelation. If you think of beads as something only your grandmother would wear, think again. What I saw were beads of every conceivable colour and shape; some reflecting light from many facets, others absorbing light in a myriad of designs and patterns. It was all very beautifully made and displayed, and I know where to go now for a great and unique birthday or Christmas present for the women in my life. The selection is truly outstanding, and if you're so fussy that you can't find anything that you like, Diana Burns will work with you on a design of your very own, which she'll then turn in to a beautiful one-of-a-kind piece.

So next time you're out on a drive stop on by the Busy Beads Studio. You won't regret it. The Busy Beads Studio is located at 3850 Gelert Road approximately 10 km from Minden and 17 km from Haliburton. The studio is open 10 months of the year from March 1 to December 24, by appointment or by chance. You can reach Diana Burns at (705) 286-5052, or at busybeads@yahoo.ca. □

Dining & Entertainment

Accommodations Food Events Music The Arts

Hike Haliburton

7th Annual Hike Haliburton

Friday October 16, 2009 to Sunday October 18, 2009

The 2009 three day hiking festival will be taking place on October 16th, 17th and 18th. With 27 different hikes, walks and other great community events planned there is truly something to suit all interests, ages and abilities. An abundance of hike locations and picturesque scenes throughout the County makes this a great time of year for those inclined towards photography or just taking in some breath taking views.

You can choose to participate in one or as many of the hikes and events you choose. There are a range of hikes for the more skilled, intermediate and even beginners.

Are you interested in Geology, Botany, Geocaching, Mushrooms, History, Fitness (Yoga, nutrition, etc.), The Arts (Poetry, photography, etc.) and so much more?? There are hikes/walks to suite everyone's interests! Highlights for this year's festival include Dog walks, a Mountain Biking Adventure, a Photo



Contest, a Family Blast Off BBQ with great family entertainment, and a Blister Ball & Silent Auction.

To see a listing of each hike and an explanation of what and where each hike is, you can visit www.trailsand-tours.com – click on the 2009 Hike Festival box and click onto map. To the left of the map is a write up of each hike in detail.

The festival continues into the evenings with the annual Family Blast off BBQ and the famous Blister Ball and Silent Auction.

Family Blast Off BBQ

Enjoy a fun, family BBQ to kick off the weekend's festivities. Highlights: The Reptile Rob Show, name our mascot contest, Children Activities, and some much more!

\$10.00 for adults & \$5.00 for children - Time: 4:00 pm to 9:00 pm
Location: Sir Sandford Fleming College, Haliburton Campus. Take Industrial Rd. Follow until you see the signs for the College turn right on to College Drive. Parking is at the end of the road.

Blister Ball & Silent Auction

Organizers are very excited for this year's Blister Ball and Silent Auction that will be held at the Delta Pinestone Resort. Dance the night away to the music of Gary Cameron and bid at our fabulous Silent Auction.

Silent Auction Items Include: a Bombardier Outlander ATV; Hot Tub; Langford Canoe; Ski passes to Sir Sam's Ski Area; South Algonquin Trails Horseback Riding Gift Certificates; Restaurant Gift Certificates and more.

Time: 8:00 pm to 1:00 am

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Fundraiser Concert for H.A.V.E.

Saturday, October 17, 2009

The Beaver Theatre stage will be graced by the international reggae/calypso band "Kobo Town" on October 17th as part of the fundraiser concert for H.A.V.E. an organization that raises funds to dig wells for third world countries. Come dance to the island sounds while raising funds to build wells for those in need.

Kobo Town is a Toronto-based group whose music draws its inspiration from traditional calypso, roots reggae and dub poetry. Named after the vibrant and turbulent neighbourhood in old Port-of-Spain where Calypso was born, the group strives to recover the social conscience, satirical storytelling and strong acoustic/organic rhythms that characterized Trinidadian music in the past.

Tickets are \$15, additional donations to HAVE gratefully accepted. Please bring a can of food for our local food bank.

To reserve tickets call: 286-0222 or email: info@beavertheatre.ca.



Beaver Theatre presents: Pumpkin Carving Contest Saturday, October 24

Pumpkins are provided along with some carving tools and artistic carving tips. Teams are encouraged. Vote for your favorite pumpkin. Winners will be announced and given their prizes on October 31st. Admission is \$4. Sponsored by: Minden Home Hardware, Valumart, Stedmans and Haliburton Forest and Wildlife & Wildlife Reserve.

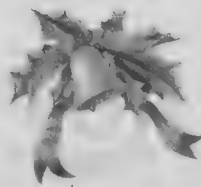
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Restoring the old and bringing in the new at Hilltop Market

by Zoe Cittern

Hilltop Market is a small store nestled between Minden and Haliburton, and has been a successful business for several years, changing owners rarely until this summer when Agnes Reiss who ran the store since 1974 with her late husband Ludwig handed the managerial reigns over to Collin Burke and Lisa Marchant. The new owners have given the store a boost, restoring the old features and bringing in new ideas for the future.

Collin and Lisa, who have been friends since grade one and have a history of working together in Toronto on catering events and in bars and restaurants, decided to do something a little different, despite their friends and family "thinking they were a little crazy". They both moved back to Haliburton after living in Toronto for 20 years and they say that it's humour that helps keep their business partnership solid, along with equality in decision making, which items to restore, what will be sold: in fact, all creative decisions are made together.

The opening day was September 16th and the market seems to have gathered lots of support and interest. Since the market was closed in July it seems like Hilltop was a missed place when it's vacant: "Lots of people were asking when we were opening" says Lisa.

However the store isn't just a place to get last minute items. The market is a treasure trove of items and the more you discover when you walk through the store the more that can be discovered.

The couple has worked hard to ensure that the market has a retro feel to it. Vintage items have made a huge comeback over the past few years and several items have been restored to keep this a running theme. A dusty old refrigerator dating back to the 1930s was discovered in the back of the store along with a few others, yet it was the only fridge that came alive with some TLC despite its age! It was painted a lemon colour and now stands proudly in the store, housing dairy products. They also restored the deli counter, brought in an antique counter top, restored the floor to give it a distressed look and made a new hilltop market sign. A record player in the corner



plays while you browse through the stacks of records, available to buy from the store which adds to the character and charm of Hilltop.

When Collin and Lisa were clearing out the market to revitalize it they found several items, some from the 1930s, which are now housed behind a glass cabinet on the wall. These seem to be an important factor for the couple, "we love reviving the past, it is part of the charm to take over the property." Lisa's husband works with the Heritage Trust Fund so she isn't new to the idea of restoring old relics. However the market hasn't always been a convenience store: apparently it was one of the first Canada Post Offices in Haliburton and it seems important to restore such a building which has so much history.

The partners wish to continue supplying cottagers and locals with groceries yet they also want to introduce some new side projects which will help the local economy. The old building behind the market will also be restored to house art projects, and Lisa would like to introduce fabric art and display recyclable art from local artisans. They also plan to introduce cooking workshops where local Haliburtonians will teach old practices, like making butter and cheese. "We've been given all these tools of the land but we've forgotten how to use them, it's about getting back to our roots, we're so separated from them" states Collin.

They want to "cater as much to the locals as they do to the cottagers" and they aim to bring local specialties to Hilltop market. They hope to have local meats and cheeses for their deli counter, vegetables from the farmers market and maple syrup from Cossettes in Haliburton. They also want to introduce a certified kitchen so they can sell sandwiches, muffins, pastries and hot breads. They already offer fair-trade fresh coffee and they are interested to find out what Haliburtonians want for the store and would like to see locals bringing in products to sell. Collin has already canned several preserves and Lisa will be drying indigenous herbs to start a possible apothecary with teas and tonics to relieve stress and headaches.

Another difference to Hilltop Market is "the rainy day room" the narrow steps at the back of the grocery aisle lead you up to two back rooms where items are on display which Lisa and Collin have collected over the years: board games, books, magazines, cutlery and household items all available to buy. And the last project for the busy partners? To re-open the much loved snack bar sometime in the spring or summer.

And although they have bright new ideas for Hilltop they still want to remember the history of the store and would like to thank Agnes and Margaret Reiss for the opportunity and thank them for their continued support.

Hilltop Market- (705) 455-9684, Open six days a week, 7am-6pm. □



Dumb Criminals

Men make false 911 call to save speeding friend

CHEROKEE, OKLAHOMA — When he heard about a 911 call involving a serious car accident with injuries, Oklahoma Highway Patrol trooper Darrin Lancaster stopped pursuing a speeding motorist and headed in the opposite direction.

No accident was found, and Lancaster, assigned to Alfalfa County, said in court papers that the 911 call was a diversionary tactic to prevent him from catching the motorist he was pursuing.

Steven Clint Mathis, 21, of Cherokee, has been charged with misdemeanor counts of false reporting of a crime, obstructing an officer in the performance of his duties and making a false 911 call. He is to appear back in court next month.

Lancaster said he was one of about 18 law and rescue officers to arrive at the scene of the reported accident on the west side of Cherokee. Others dispatched to the scene were Cherokee's police and fire departments and Alfalfa County sheriff's deputies and ambulance crews.

No wreck was ever found.

Minutes before hearing of the 911 call, Lancaster lost sight of the red sports car he had been pursuing early on May 7. Speeds reached 120 mph, Lancaster said in court documents filed in Alfalfa County District Court.

Lancaster stopped at a house where he saw several people outside to ask them whether any had seen a car speed by, he said. All of them, including Mathis, denied seeing a car, and Lancaster said he continued his pursuit. Lancaster said he later talked with Mathis, who said he recognized the car the trooper was chasing.

After Lancaster left, Mathis said a friend, Bo Ginder, told him they needed to prevent the trooper from catching their friend, and Ginder gave him his cell phone, the affidavit said.

Mathis said he dialed 911 and reported a head-on crash in Cherokee, Lancaster said in his affidavit.

Beaver Theatre Tribute to Art: Transformation

Friday October 9, 2009 to Saturday October 10

Be sure to stop by the Beaver Theatre in Minden on Oct. 9 or 10 where local artists are on hand to sell their wares. There will be buskers, an art collaboration project, free balloon animals for the kids, coffee and food for sale by Gravity Coffee House. Admission is by donation. For more information call 705-286-0222 or email info@beavertheatre.com.



Minden Curling Club Hosts Open House on October 8th: Play Begins October 19th.

Another sure sign of summer's passing was registration at the Minden Curling Club on September 16th. Committee members were on hand to welcome new curlers and reconnect with the veterans. League curling begins on October 19th, but open house is on October 8th, and several clinics are available before regular play starts. Anyone interested in becoming involved can contact Steve Robson at 286- 4724.

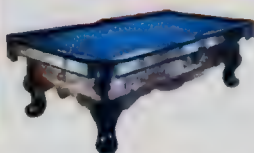


Q: Why do little boys whine?

A: They are practicing to be men.



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We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete...

Remember, spend some time with your loved! ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, 'I love you' to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

A Message by George Carlin

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Highland Remedy's Rx Pharmacy Official Opening in Minden Introduces New Pharmacist for Franchise

by George Farrell

Thursday October 2nd marked the official grand opening of the Highland Remedy's Rx Minden store. The former Highland Pharmacy, flying under the Axis banner changed hands in December of 2008. The official opening was delayed while a full time Pharmacist was found who would be the 'face' of the store to Minden area customers. The search is over, and the new pharmacist is Don Kuzenko.

Amongst balloons and the barbequing of hot dogs and hamburgers outside the store, company officials from Remedy's Rx were out in full force to lend a hand in the official opening, and to participate in the ribbon cutting.

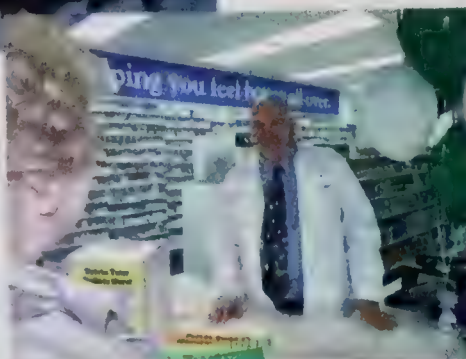
Remedy's Rx is relatively new in the marketplace, but in three years of operation they've experienced rapid growth to 185 locations in Alberta B.C. and



Ontario. "In this area we have locations in Lindsay, Buckhorn, and now Minden," said Ray Belcher, V.P of Operations in Ontario. "We're an organization that really focuses on the community and becoming your local drug store. We feel this is very important in an age of doctor shortages. We get involved in the community through sponsorship of things like seniors days, golf tournaments, and hockey teams. Our pharmacists work with patients through programmes like patient health care days and clinic days to deal with issues like disease state manage-

ment and chronic ailments. Our pharmacist Don Kuzenko is here to assist our customers, to give advice and to review their medications."

Some people might already know Kuzenko. He has worked locally as a 'fill in' pharmacist at several locations, and previously managed the pharmacy at the Independent Grocer



in Haliburton. He moved from Saskatoon with wife Cory Bennett in 2002. Cory is an emergency room nurse at the Minden hospital.

"We visited friends here and fell in love with the area," Kuzenko said. "We wanted to relocate to a small community, and we settled in Eagle Lake. I've worked filling in all over southern Ontario, but now I get to work close to home. We've made changes to the store to modernize it. The floor is now tile, which is easier to keep clean. The dispensary has been renovated, and we've added a private patient counseling room, which we feel is important. Our goal going forward is to deliver a community-oriented operation for our customers. I've been working on and off here since February, so I already know a lot of the local customers. I also accepted the role of Manager, so my area of responsibility is now increased to include the entire store. We'll be working towards getting to know our customers better so that we can understand and anticipate their needs, offer them a continuity of care, and co-ordinate their needs with their physicians by establishing a good working relationship with those physicians. Having a pharmacist here on a permanent basis now will allow us to do that. I'd like to be here long term because I like the Remedy's Rx commitment to me and to the community. We have similar points of view, and for me it was an easy decision."

The Highland Remedy's Rx accepts all major drug plans, and offers diabetic supplies. In addition to pharmaceutical supplies it also contains a Post Office and a photo finishing service. It carries different lines of cosmetics, baby needs, cards and giftware. The store is located at 33 Bobcaygeon Road in Minden. Phone 286-1563. Hours of operation are Monday to Saturday 9am to 6 pm. Sunday hours are seasonal. □

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The Beauty of Purity

By Marci Mandel

The wind is blowing, the waves are crashing against the rocky shore, and I can't help but think of the recent trip we took to Newfoundland: lots of wind and lots of crashing waves there. There was also lots of friendliness, lots of entertainment, lots of beauty and lots of hardship, and I couldn't help but sense the latter had something to do with the former.

Newfoundland has a long history of hardship, from the many, many family members lost at sea, to the small nation's 700+ men killed or wounded in the World War I Battle of the Somme, to the resettled residents of the outports, to the cod fisheries that were closed. Islanders have learned from the rock they live on to let go of the small stuff. They've learned that the important stuff, the true stuff, the fundamental stuff of life itself will always endure.

Walking along the beach there, looking for treasures, I found bits of driftwood, broken seashells, and a shoreline of sensuous, tumbled rocks. I couldn't help but pick up a few of the rounded stones and put them in my pocket. Stripped of all their cragginess, there was a vulnerability that was so beautifully true I just wanted to hold them, caress them, be with them. As I juggled the stones in my pocket, I came to understand that the battering they took helped them let go of their adornments, their edges, the pieces they didn't really need. What was left was this beautiful purity I was openly feeling.

Our trip started in St. John's, from where my husband and I picked up a rented RV. We came across rainbows and full moons, community dinner theatre and fine crafts, colourful boats and colourful people, and that was only day four. Next there were historical re-enactments and fine meals, fossils and fjords and by day seven, I was exhausted, overwhelmed by all the beauty.

And then we discovered the village of Trinity and its surroundings. Its charms so captivated us we stayed and immersed ourselves in the treasures that unfolded before us: a Ragged Beauty boat trip, hidden coves, soaring eagles, moments of splendid solitude, handcrafted gifts, and a concert by The Once in an intimate church setting. It was there I learned that beyond beauty, beyond grief, beyond every spent emotion, was magic! When we exhausted ourselves by fully feeling our feelings, when we allowed ourselves to be totally naked and humbled, all lives harmonized in a breathtaking chorus of joy - an ode that was truly magnificent.

A comfortable, easy life may be what we think we want, but what we long for is that feeling of being so nakedly alive. My work now is to keep growing in my capacity to love, keep growing in my ability to be light and vulnerable. If I can allow myself to be as stripped naked as those rounded rocks, I'll find the bliss for which I yearn. Oh, what courage that will take.

Thankfully, there are guides to show us the way. I can't help but think of the outpouring of love when Senator Edward Kennedy passed away. The stories revealed a privileged man who was pounded by harsh winds and battering waves, and instead of becoming broken and crusty, he stood strong and humble through the cleansing and became a great man honoured by both associates and opposition. That's true power.

Peace... beauty... courage... love: close your eyes and they all feel the same: relaxed... patient... knowing... powerful - solid as a rock.

It seems like the more stuff we let go the more powerful we become. The more we lose, the more we gain. Maybe songs should celebrate broken hearts and not mourn them. Gated communities and guarded hearts: why would we protect ourselves from becoming more fully alive? How did the stories go so terribly wrong? Perhaps it's time for a new myth.

The winds of change are blowing.

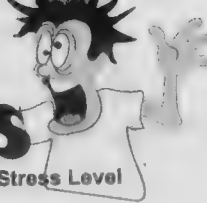
Comments: whitetrailling@gmail.com

Previous columns may be found at: <http://whitetrailling.blogspot.com>

Making Laundry Easier

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Quick Tips To Lower That Stress Level



Here's one way to help make your laundry chores easier and teach kids at the same time: hang two laundry bags in their bedroom or bedrooms, marked "whites" and "colours", to train them to sort when they're removing their clothing.

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Creative Ways Of Saving For Your Children's Post Secondary Education

with Susan Lee

Whether you are self-employed full time or create a part-time home based business you can pay your children to help in the business.

Pay your child a wage for the duties they perform in your business. You will be entitled to a tax deduction against your business income for reasonable wages paid to your children. The basic personal tax credit in 2009 is \$10,320.00. So, if your child's income is under this he/she will not pay any income tax. The money can be used to help pay for your child's education costs and provide a tax deduction for your business.

If you are an owner of an incorporated business and you have some cash in the company this could be used to help pay for your child's education. This is done in the form of a loan. There are very few exceptions that allow borrowing from your company where the amount loaned is not being taxed as income. A loan to your child for education is not one of these exceptions either but if the child is age 18 or older, the loan to your child will be taxable income to the child, not you, the year the loan is made. Again with the child's basic personal tax credit, tuition, and education tax credits and any other credits that may be available, your child would pay little or no income tax on the funds received.

Often a student will not be able to use all of their student credits to reduce their taxable income. These are not lost. They can be carried forward and used against taxable income in any later years. Instead of being carried forward, the student can transfer up to \$750.00 in combined federal credits to a spouse, parent or grandparent. This transfer must be done in the tax year the credits are created. Credits that have been carried forward can no longer be transferred - only the student can claim them in a later year.

After your child graduates and is working full time and earning an income, he/she can repay the loan back to your company, and will receive a tax deduction for the payments reducing his/her taxable income. Unlike paying a wage the loan is not tax deductible by the company and your child will face a taxable-interest benefit each year on the outstanding loan amount at the prescribed rate (set by Revenue Canada) which currently is just 1%.

While I am on the topic of post-secondary education cost, don't forget that a full time student can deduct moving expenses both to school and to earn income such as moving home in the summer to work. The move has to be over 40 km. If they have more expenses than income the unused amount can be saved as a deduction to be used in future years. Have a look on the Revenue Canada web site for a full listing of allowed moving expenses.

This is general information only and I recommend that you speak with a professional chartered accountant for more in depth information.

Helping you plan for your future,
Susan Lee, CFP



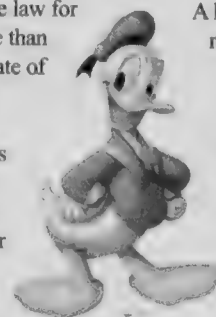
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It's the Law

It's the Law

It was once against the law for anyone to bathe more than once a month in the state of Pennsylvania!

Donald Duck comics were once banned in Finland because the character doesn't wear pants!



A law in Babylon circa 2000B.C required ex-husbands to pay alimony!

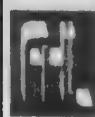
In Carmel, New York, it's against the law for a man to go out wearing a jacket that doesn't match his pants.



1. GEOGRAPHY: What is the tallest mountain in Western Europe?
2. LANGUAGE: What does the Latin phrase "in media res" mean?
3. FAMOUS QUOTATIONS:

What famous writer said, "I hate to advocate drugs, alcohol, violence, or insanity to anyone, but they've always worked for me"?

4. AD SLOGANS: What products were sold with the advertising slogan, "Sometimes you feel like a nut, sometimes you don't"?
5. MUSIC: In musical notation, what does it mean to play notes in a "staccato" style?
6. U.S. PRESIDENTS: What was the Secret Service's code name for John F. Kennedy?
7. GENERAL KNOWLEDGE: How many official languages does the United Nations have?
8. PSYCHOLOGY: People who suffer from misopedia have an abnormal dislike of what?
9. TELEVISION: Which actress, upon winning an Emmy for best supporting role, shouted "This is for all the fat girls"?
10. MEDICAL TERMS: What is the common name for monochromatism?



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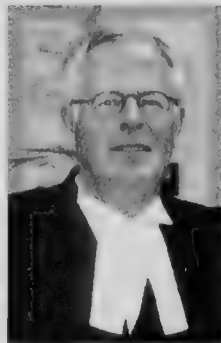
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1. Mont Blanc
2. In the middle of things
3. Hunter S. Thompson
4. Mounds and Almond Joy candy bars
5. Playing craps, disconnected
6. I am not
7. Six (English, Arabic, Spanish, Chinese, French and Russian)
8. Children
9. Carolyn Maierheim of "The Practice"
10. Complete color blindness



Lange on the Law *Donald Lange*

by **Donald J. Lange**
Barrister & Solicitor

Photo ID

Is a photograph absolutely necessary for a driver's licence? In 2003, Alberta adopted a regulation making it mandatory for a driver's licences to include a photo. The Hutterites in that province believe that the Second Commandment prohibits them from having their photos willingly taken. A small group of them called the Hutterian Brethren of Wilson Colony brought a constitutional challenge to the regulation. They objected on the basis of freedom of religion to having their photos taken and argued as well that, if they could not obtain driver's licences, the viability of their communal lifestyle would be threatened in rural Alberta. The Province of Alberta was the responding party arguing that photo identification was needed to minimize identity theft of driver's licences.

The case went all the way to the Supreme Court of Canada where the court was divided in their decision, four judges siding with the Province and three judges siding with the Wilson Colony. The majority held that a universal photo requirement was justified under the Charter of Rights. They stated that the objective of the regulation was to maintain the integrity of the driver's licensing system in a way that minimized the risk of identity theft. To provide an exemption for the Hutterites would increase the vulnerability of the licensing system and the risk of identity-related fraud. The majority concluded that any negative impact on the freedom of religion of the Hutterites did not outweigh the benefits associated with the universal photo requirement. They even said that it was impossible to conclude that the Hutterites were deprived of a meaningful choice to follow or not to follow the edicts of their religion. They disposed of the communal lifestyle argument by stating that there would be an additional economic cost to using some other means of transportation and that this would go against their traditional self-sufficiency, but that there was no evidence the economic cost would be prohibitive.

The minority of the court appeared to be outraged. They thought that the harm to the constitutional rights of the Hutterites, in the absence of an exemption, was dramatic. The regulation threatened the Hutterites' autonomous ability to maintain their communal way of life. They concluded that the regulation was a form of indirect coercion that placed the Hutterites in the untenable position of having to choose between compliance with their religious beliefs or eroding the self-sufficiency of their community which historically preserved its religious autonomy through its communal independence.

In the next column, I will be talking about trust funds.

Learn A



Word

Posse

\ˈpə-seɪn * 1 a large group often with a common interest 2: a body of persons organized to assist a sheriff in an emergency 3: a number of people organized to make a search.

Donald J. Lange, LL.B., Ph.D. (Cantab.)

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Curves Haliburton

Decor Changes and Upgrades Come With New Ownership

by George Farrell

Wanda Byers took over the Curves Haliburton operation in March of this year, and her grand opening needed to coincide with the takeover, as per Curves policy; but she would have preferred to wait until she'd made what she considered necessary changes. Now the changes have been made, and Curves looks fresh, alive and ready for business.

For those who don't know about Curves, it's a world wide franchise with over 10,000 locations. It's geared to women, and offers basic training towards an active lifestyle. Unlike traditional gym equipment that needs to be adjusted for each person, and is typically sized for men, Curves equipment is designed specifically for women. It's arranged in a circle so exercisers face one another. The workout is accompanied by upbeat music, a cue CD to alert members when to move to the next piece of exercise equipment and a qualified exercise coach to encourage exercises and ensure proper form.

Wanda, who had been a member of Curves Haliburton since 2003 was basically retired when the opportunity to purchase the local franchise became available. She jumped at the opportunity.

"Before, the whole place was white," Wanda says. "There are a lot of rules and regulations regarding what you can and cannot change in a Curves franchise, but I was allowed to change the colours, so now it's purple, with lime green accents. We have a new navy and beige carpet throughout, and we took out an office to create more room for equipment and for the 'girls' to have a stretch area. I took some additional space from the building to add a small office near to the entrance, and we've also added hours on Saturday, to accommodate those women who work during the week."

Wanda Byers has also upgraded the equipment to a CurvesSmart 2 system which feeds data into a computer.

"Everyone is provided with their own ID tag," Wanda explains. "Each piece of equipment comes with a mini computer which stores information of your performance on that particular piece. The data can then be reviewed on the main computer to find out how you did on that particular workout, compared to other workouts you've done. The ID tag stores up to 10 workouts, so you have a good idea of your progress."

Up-tempo music plays incessantly at Curves, prompting movement. Every 30 seconds a woman's voice is heard over the music urging clients to change to the next piece of equipment.

"The idea of Curves is to offer women overall health," says Wanda. "The exercise helps to control cholesterol levels, helps with stage 2 diabetes by keeping weight down, and it's obviously good for cardio. The ladies don't have to do all the machines. It's all geared to the individual levels of intensity because we're not all the same age. We have customers ranging from 14 to 83, though most are in the 40 to 60 age bracket. In addition to the exercise we

offer services that monitor your monthly blood pressure, your weight, body measurements and body fat. It's all done now with the aid of computers. In the near future customers will also be able to track their progress through their ID tags when they go to other clubs in other locations. Curves is one of the few clubs where there's no charge to work out in other locations. I just had a woman come in from Calgary. It's great for women who are on vacation or who travel a lot for business."

Holly McDonald, who owns the Lakeview Motel, is working out during my interview with Wanda. She's been a member for seven years. "It's the equivalent of one and a half hours total body workout done in a half hour," she claims. "Plus it also has a social aspect with all the other women present during workouts. The great thing is that you can chart your progress, and you're coached. If you do things correctly you don't get hurt by pulling a muscle." Wanda concurs. "There's always somebody here to oversee the workouts."

Owning a Curves franchise is not just a question of a name change on a legal document. "New owners have to go, within 90 days of purchase, to a Curves training camp. Owners are required to pay for this out of their own pockets. I went to Waco

Texas for a five day, very intensive training session, and thanks to my room mate who gave me a lot of encouragement, I made it through," Wanda confesses.

Since taking over and making her changes she's seen a slow but steady growth in membership. "We've got around 70 or 75 members, but I'd like to see more come out. I'd like to get the word out there that it's very different from a gym because it's short intense bursts of activity spaced with recovery stations, which keep up the heartbeat while resting the muscles. And of course it's designed specifically for women and is a women-only workout site."

October is breast cancer month, and to encourage new members Curves Haliburton is offering 50 per cent off the one-time service fee for joining during the month. In addition to its regular programming Curves is also offering weight management classes to women, once a month,

on Saturday mornings. The first class is one and a half hours duration, and classes after that are only a half hour long. Clients get to watch a video and discuss various problems they have with their weight, and they're shown how to manage it properly. "It's new, and it's more of a gradual life-style change," Wanda reveals.

In addition to all the great changes Wanda Byers has made to Curves Haliburton, she wants women to keep an eye out "for the upcoming purse party." She won't say anymore about it. "It's a bit of a surprise."

Curves Haliburton is located at 50 York Street. Phone: (705) 457-9256 Fax: (705) 457-9257

email: wandabyers@teksavvy.com.

Hours of operation: Monday to Thursday 7:30 am to 6:00 pm, Friday 7:30 am to 1:00 pm, and Saturday 8:30 am to 11:00 am. □



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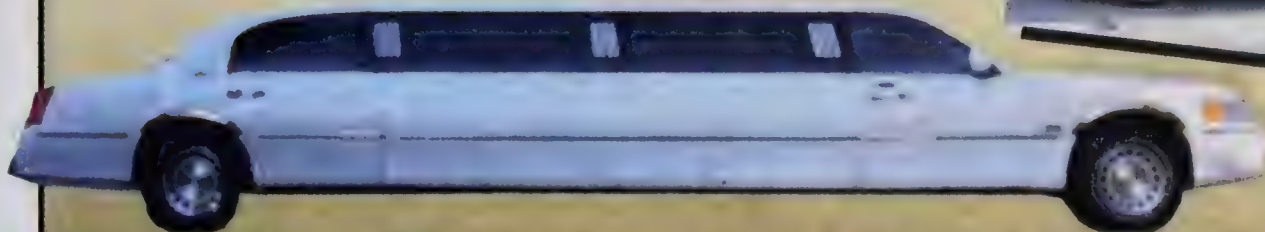
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"If you are making cookies with raisins, do yourself a favor and soak them in hot water for about 10 minutes prior to using. I had never done this before, and my sister-in-law suggested it. It makes such a difference. The raisins get plump and juicy." -- A

Reader, via e-mail from Minnesota

"I'm always looking for ways to jazz up recipes for chicken, since we eat it so much. I like to bread chicken cutlets in different things, and a suggestion from a friend that I recently tried was delicious! To add flavor to chicken breading, use a tablespoon of a dry seasoning packet, such as one for making Italian or ranch dressing. They have a lot of flavor and really change the taste of fried chicken." -- R.L. in Tennessee

"While tooling about the neighborhood with the little ones in their wagon one evening, we decided that the wagon needed some taillights. We made a loop out of duct tape, plucked a couple of our solar-powered landscape lights and stuck them in the loops. Now if we go out in the evening, we just grab a couple of the landscape lights and put them in the loops. We are adding additional loops for trick-or-treating." -- A.C.M. in Florida

If you've moved, you might have a mountain of now-outdated address labels. You can use them to close freezer paper for storing meat packages -- just use them like stickers. Also, you can use a thick permanent marker to write a date on them for other packages in the freezer.

Calling All Local Performers -- Database of Local Musicians being Compiled

www.haliburtonfolk.com

The Haliburton County Folk Society is compiling a database of local musicians, to help the Folk Society promote talented musicians residing in the County. The society members often get requests to provide music or to suggest musicians to perform. They are also looking for performers for their own concert series.

If you are a performer (or band, combo) who resides in the County on a full time or seasonal basis (e.g. as a cottager) they invite you to submit the following information: Name; Address; Phone number; Email address; Web site (if applicable); Type of instrument (including voice); Genre of music; Fees (might we suggest a range of fees); Other relevant information.

Please submit this information to Bethany Houghton at morningbeth@hotmail.com or 705-286-6255.

The Maclay Experience

October 9 2009

Live Band: The Maclay Experience is a local music group consisting of Callum Wood, Peter Johnson, Dan Johnson, Floyd Henry and Leo Henry. They played to a full house at the Northwood last year and kept the dance floor packed with their Classic Rock and Blues vibes.

Don't miss their performance this year at the Northwood on October 9.

For more information contact the Northwood Inn at 457-1710

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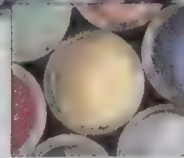
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Arts Exposed: A Cultural Affair - A gala event in support of the arts

Saturday, October 24, 2009

Arts Alive Minden presents its annual Arts Exposed, A Cultural Affair at the Minden Hills Community Centre. Enjoy an evening of great food from the Grill on the Gull, bid on art from some of the most talented artists in county while helping to support the arts in Minden Hills and area.

Jack Brezina will be MC for the night with Mike Jaycock the auctioneer. Tickets, at \$40 each can be obtained by calling the co-ordinator Bill Lambie at 286-3851.

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels



differences: 1. Tree is missing. 2. Boy's hat is different. 3. Boy's jacket has buttons. 4. Tree has extra branch. 5. Leaves missing from tree on left. 6. Gun stock is longer.

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'We're supposed to find the height of the flagpole,' said Bubba, 'but we don't have a ladder.'

The woman took a wrench from her purse, loosened a few bolts, and laid the pole down. Then she took a tape measure from her pocket, took a measurement, announced, 'Eighteen feet, six inches,' and walked away.

Ray shook his head and laughed. 'Ain't that just like a woman! We ask for the height and she gives us the length!'

Bubba and Ray are currently doing government work, supervising in Ottawa.

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Local Actor Tim Nicholson Lands Guest Artist Role in Toronto Production

Fund Raising Evening for "Lieutenant of Inishmore" on October 16th



Haliburton's Tim Nicholson has trod the boards of Haliburton Theatre to great acclaim for over 20 years. This December he'll be delighting audiences at the Toronto premiere of Martin McDonagh's award-winning black comedy, "Lieutenant of Inishmore", a production of Rep 21.

Rep 21 is comprised of the acting alumni of Canadore College's new Theatre Arts Program in North Bay. The production will be this year's alternative holiday show, running December 2 - 12 at the Berkeley Street Theatre downstairs. The "Lieutenant of Inishmore" was first produced by the Royal Shakespeare Company in London where it received the Olivier Award for best comedy in 2001. It went to off-Broadway in New York in 2006 where it was nominated for both a Tony Award and a Drama Desk Award for Outstanding Play. The production will be directed by Rod Carley, Coordinator/Creator of the Theatre Arts Program at Canadore College, and Artistic Director for Rep 21.

On Friday October 16th a Fine Dining and Jazz fundraising evening will be held starting at 6 pm at the Dominion Hotel in Minden to help support this production. The evening will feature the jazz group The Jazz Kitchen: tickets are \$45 and are available at the Dominion or by calling 286-6002. ■

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The Township of Algonquin Highlands and the
Township of Minden Hills

NOTICE TO ALL RATEPAYERS



2009 HOUSEHOLD HAZARDOUS WASTE DAYS

**For the Ratepayers of the
Township of Minden Hills**
will be held on the following
dates/ times

**For the Ratepayers of the
Township of Algonquin Highlands**
will be held on the following dates and at the
following respective locations:

LAST DAY FOR 2009

October 10th

Scotch Line Landfill Site.
8 a.m - 11:30 a.m

**For the Ratepayers of the
TOWNSHIP OF MINDEN HILLS**
For further information, please call:
(705) 286-1260

October 10th

Maple Lake Landfill 1- 5 pm

**For the Ratepayers of the
TOWNSHIP OF ALGONQUIN HIGHLANDS**
For further information, please call:
(705) 489-2379

ACCEPTABLE HOUSEHOLD HAZARDOUS WASTE CLASSES

Latex and Oil Paints, Finishing Products e.g. varnish, glues, etc.; Used Motor Oil;
Auto and Household Batteries; Propane Tanks and Cylinders; Cleaners e.g. bleach, oven cleaner,
etc.; Aerosol Cans; Solvents e.g. varsol, paint thinners, etc.; Pesticides and Herbicides; Pool and
Photographic Chemicals; Florescent Light Tubes

UNACCEPTABLE WASTE CLASSES

Industrial Waste; Needles/Sharps; PCB'S; Radioactives;
Pathological

LANDFILL USER IDENTIFICATION CARDS MUST BE SHOWN

For further information, please call: (705) 286-1260

Strange But True

It was Romantic poet Samuel Taylor Coleridge who made the following sage observation: "The man's desire is for the woman, but the woman's desire is rarely other than for the desire of the man."

The lens of your eye will continue to grow throughout your lifetime.

You might be surprised to learn that famed British author Aldous Huxley, best-known for his dystopian novel "Brave New World," was a consultant on Disney's 1951 animated film version of "Alice in Wonderland."

Andrew Johnson, the 17th president of the United States, didn't learn to read until he was 17 years old.

For reasons that are unclear in the present day, lawmakers in North Carolina once saw fit to forbid racing a rabbit down a public street.

In 1850, the northern portion of the state of California declared itself to be an independent country to be known as the Great Republic of Rough and Ready.

Before he became a famous actor and director in his own right, Clint Eastwood was fired from bit parts in several films.

Everyone knows that ballerinas endure rigorous training that can wreak havoc on their feet, but you may not have known that their shoes endure their own hardships. It's not uncommon for dancers to break in their toe shoes by crushing them in doors, steaming them over a kettle, slamming them against a concrete floor or beating them with a hammer.

Those who study such things claim that eventually the oceans will dry up -- in about a billion years or so.

During the Middle Ages, French toast was a delicacy enjoyed only by the very wealthy.

Thought for the Day: "There's no secret about success. Did you ever know a successful man who didn't tell you about it?" -- Kin Hubbard

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Kennisis Lake

Paradise at this 3400 sq ft Post and Beam cottage on approx. 1275' of shoreline 4.91 ac. spectacular living space with custom kitchen. 2 docks, a bunkie, fully finished lower level w/rec rm/work-out rm, a workshop & a huge craft room. Lg garage with loft with living quarters and porch. Sunsets from your own private island.

\$1,695,000.00



Little Kennisis

140 ft of sand beach with rock out crops. Total privacy, level lot, and southwest exposure with a large dock. This open concept, cathedral ceiling 3 bedroom cottage with full w/o lower level is a must see. Also comes furnished. What a deal!

\$469,000.00



Kennisis Lake

Build your dream cottage/ home here on quiet Paddy's Bay of Kennisis Lake. Driveway in. 700 ft frtg. and over 5 acres. Great for canoeing or go into the big part of the lake for even more boating or go over the rollers at the dam for a river trip to Red Pine Lake

**\$299,000.00
+ GST**



Kennisis Lake

This is what a cottage is all about. Check out this well cared for 3 bedroom with open living/dining room across the front with a spectacular view of Kennisis Lake. This property is private, level and has a frontage of 200 feet facing north for sun all day.

\$399,900.00

Kennisis Lake

West Shore 4080 sq ft custom built by Gary Burch conventional and timber frame construction. Architecturally designed cottage with meticulous detail and another 3000 sq.ft. of lower w/o space partially finished. 3 car garage. Floors are granite, reclaimed hemlock & berber carpet. solid douglas fir beams, doors and wall panels. Curly cherry custom cabinets. All this on 3.17ac with 200 ft frontage, deep water, granite shore line and spectacular view.

\$4,500,000.00



Little Kennisis Lake

163 ft waterfront a lot on Little Kennisis with NW exposure. Great sunsets through the tall mature trees. Gradually sloped lot with absolute privacy. Be comfortable in the 3 season 3 bdrm cottage while deciding where to build etc. Shoreline is granite really beautiful.

\$379,000.00



Little Redstone Lake

Check out this affordable 3 bedroom cottage having south-west exposure with 132 ft frtg on a 1 acre lot on. Fully winterized, drilled well, septic, year round road. sandy bottom for the little ones with deep water off dock for the adventurous ones.

\$375,000.00



Just as leaves turn
their seasonal colors,
So do our thoughts
turn to those
we have worked with
during the year.
Happy Thanksgiving
to all our clients and
co-workers



Little Kennisis Lake

Double lot 262' frtg with sand and deep water. This 2500 sq. ft custom cottage/home has 3 bdr, 2 fireplaces, skylights, sunroom, walkout bsmt, custom kitchen for Mom and lg garage with loft for Dad and all the toys and overflow guests. Too many extras to mention a must see.

\$629,000.00

What Recession?! - - We have buyers and need listings!!